

CLAIMS:

I claim:

1 1. An exercise apparatus comprising:
2 a folding A-frame formed from two frame sections
3 hinged together, said hinged folding frame sections
4 being foldable on said hinge from a folded storage
5 position to an open operative position;
6 a generally U-shaped swing portion movably
7 attached to one said frame section and having a seat
8 attached thereto; and
9 a pair of arms attached to said generally U-
10 shaped swing portion and extending therefrom, each
11 said arm having a handle portion thereon, whereby a
12 person sitting in said generally U-shaped swing
13 portion seat and gripping and moving said handles can
14 move said generally U-shaped swing portion and person
15 sitting therein relative to said A-frame to thereby
16 exercise the person's arms and upper body.

1 2. The exercise apparatus in accordance with
2 claim 1 including a leg exerciser attached to one said
3 frame section and positioned for a person seated in
4 said seat on said generally U-shaped swing portion to
5 exercise the legs, whereby a folding arm and leg
6 exerciser apparatus utilizes a person's own mass for
7 exercising the arms and legs.

1 3. The exercise apparatus in accordance with
2 claim 2 in which said hinged frame sections have at
3 least one locking link to lock said frame sections in
4 an open operative position.

1 4. The exercise apparatus in accordance with
2 claim 1 in which said seat has an adjustable back
3 supporting member mounted thereto.

1 5. The exercise apparatus in accordance with
2 claim 4 in which said generally U-shaped swing portion
3 is movable attached to one frame section at the end
4 thereof and said other frame section is hinged to said
5 one frame section between its ends.

1 6. The exercise apparatus in accordance with
2 claim 5 in which said generally U-shaped swing portion
3 seat has a foot supporting member mounted thereto.

1 7. The exercise apparatus in accordance with
2 claim 2 in which said leg exerciser is a bar
3 adjustable attached to said other frame member
4 allowing said feet to be placed thereon while a person
5 is seated in said seat and to push said U-shaped
6 member, seat and person to exercise said legs.

1 8. The exercise apparatus in accordance with
2 claim 1 in which said pair of arms are adjustably
3 attached to said generally U-shaped swing portion to
4 thereby vary the position of the handles thereof.

1 9. The exercise apparatus in accordance with
2 claim 6 in which said foot support is removably
3 attached to said seat.

1 10. An exercise apparatus comprising:
2 a frame having a base frame portion and an angled
3 upright frame portion;
4 a generally U-shaped swing portion movably
5 attached to said angled upright frame section and
6 having a seat attached thereto;
7 a pair of arms attached to said generally U-
8 shaped swing portion and extending therefrom, each
9 said arm having a handle portion thereon, whereby a
10 person sitting in said generally U-shaped swing
11 portion seat and gripping and moving said handles
12 can move said generally U-shaped swing portion and
13 person sitting therein relative to said frame to
14 thereby exercise the person's arms; and
15 a leg exerciser attached to said base frame
16 section and positioned for a person seated in said
17 seat on said generally U-shaped swing portion to
18 exercise the legs while exercising the arms, whereby
19 an arm and leg exerciser apparatus utilizes a person's
20 own mass for exercising the arms and legs.

1 11. The exercise apparatus in accordance with
2 claim 10 in which said seat has a back supporting
3 member attached thereto.

1 12. The exercise apparatus in accordance with
2 claim 11 in which said generally U-shaped swing
3 portion seat has a foot supporting member attached
4 thereto.

1 13. The exercise apparatus in accordance with
2 claim 12 in which said leg exerciser is a bar
3 adjustable attached to said base frame member
4 allowing said feet to be placed thereon while a person
5 is seated in said seat and to push said U-shaped
6 member, seat and person to exercise said legs.

1 14. The exercise apparatus in accordance with
2 claim 13 in which said pair of arms are adjustably
3 attached to said generally U-shaped swing portion to
4 thereby vary the position of the handles thereof.

1 15. The exercise apparatus in accordance with
2 claim 14 in which said foot support is removably
3 attached to said seat.